

^{74}Ni $Z = 28$ $N = 46$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 624.042 (-0.222) MeV

Qbeta- = 7.336 (0.222) MeV

	Energy T	J+	J-	J-other	T1/2
74Ni	1 0.000	0+			1 507.7 MS 46
74Ni	2 1.024	2+			2 3.9 PS +21-10
74Ni	3			1.763 (4+)	3

S-p = 17.996 (-0.367)-----
 S-n = 6.633 (-0.222)-----
 S-2p = 34.002 (-0.551)-----
 S-2n = 10.587 (-0.222)-----
 S-alpha= 14.186 (-0.357)-----

S+p = -13.089 (-0.222)
 S+n = -3.633 (-0.316)
 S+2p = -28.211 (-0.222)
 S+2n = -9.646 (-0.376)
 S+alpha = -11.238 (-0.222)

gap p = 4.907 (0.429)
 gap n = 3.000 (0.386)
 gap 2p = 5.791 (0.594)
 gap 2n = 0.941 (0.437)
 gap alpha = 2.948 (0.421)